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## Search for students leads to mass grave

Burned remains may be those of 43 students who disappeared amid violent protests in Mexico **PAGE 7**

## Somerset House on Watson's radar

Mayor says he's 'fed up' with owner's unkept promises to renovate heritage building **PAGE 3**

## CBC'S DAMNED SELVES IN DISTRESS

STRANGE EMPIRE BREAKS NEW GROUND IN THE WESTERN GENRE **PAGE 10**



# TAKING STEPS TO FIND THE CURE

Participants in the Ottawa edition of the 2014 CIBC Run for the Cure head out from the start at Tunney's Pasture Sunday morning. The run happened in 30 communities across Ontario and raised \$10.7 million for breast cancer research, health education and advocacy programs. More than \$1 million was raised by more than 7,100 participants in Ottawa-Gatineau alone. For more on the run and why it had special significance for one of the event's co-directors this year, see story, page 4. COURTESY JEAN CHARTRAND PHOTOGRAPHY

# Gov't help for troubled cops needed: Experts

**Suicides.** Stigma, 'piecemeal' system hamper treatment efforts, mental health advocates say

Recent suicides among Canada's police officers have mental health advocates redoubling calls for more aggressive government action and greater public sympathy for the emotional well-being of law enforcement professionals.

Traumatic encounters on the job coupled with stressful working conditions and challenging cultures of silence leave police vulnerable to mental health stress, they said, arguing the issue is comparable in scope to the more high-profile challenges the country's military community faces.

The most recent apparent case of suicide, according to multiple media reports, was Staff Sgt. Kal Ghadban, a 22-year veteran of the Ottawa police force whose body was found in his office last weekend.

Canada does not have a central database to track police suicides, but Tema Conter Memorial Trust, an organization that works to raise awareness of the mental health concerns faced by first responders, said it recorded 12 instances since last April where officers took their own lives.

Tema Executive Director Vince Savoia said the numbers are comparable to a sharp spike in military suicides last year that had the Department of National Defence fielding harsh criticism from the opposition.

Savoia said similar challenges confront soldiers and cops. Both groups tend to attract driven, ambitious people who are averse to admitting weakness.

This natural reticence becomes enhanced by an internal culture that discourages signs of perceived weakness and is further reinforced by a more broad-based social stigma toward those struggling with mental health issues, he said.

"The expectation within society is that this is a career that police officers choose, and as such they should be prepared,"

Savoia said in a telephone interview.

The challenges faced by police, experts said, are compounded by a piecemeal system with no central regulation.

There is no national initiative to track suicides within the country's numerous police forces or coordinate efforts to treat mental illness within their diverse ranks, said Terry Coleman of the Police Mental Health Liaison, a research group originally established by the Canadian Association of Chiefs of Police.

THE CANADIAN PRESS

## Mindless spending eats up thousands

Grocery shopping without a list? Eating out all the time? Money expert Gail Vaz-Oxlade can whip that budget into shape **PAGE 12**

## The best worst reviews ever

Lindsay Lohan's London stage debut called a 'travesty of art' **PAGE 11**

## I'm supposed to be T-bone!

So your office nickname isn't a winner? Tips to deal with — or change — your unwanted monicker **PAGE 13**

## Like one of those bread bowls ... only made out of pumpkin

All week long, Metro's serving up some alternative Thanksgiving ideas **PAGE 16**





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## FIVE THINGS YOU NEED TO KNOW TODAY

1

### COMBATting YOUTH SUICIDE

Today, Liberal Senator Michael Kirby is presenting a recommendation to the Senate's Standing Committee on Finance that Canada establish a dedicated national suicide prevention fund for youth.

2

### 'WALKING SCHOOL BUS'

Ottawa Student Transportation Authority launches its "walking school bus" pilot, with guides walking kids, instead of driving them, from Blohm Drive and Taj Court.

3

### CLINTON'S KEYNOTE ADDRESS

Former U.S. Secretary of State Hillary Clinton will be in Ottawa today to deliver the keynote address at think-tank Canada 2020's policy conference.

4

### BIG DAY FOR CAN LIT

Book lovers, take note: The Scotiabank Giller Prize is announcing its 2014 short list in Toronto today, down from its long list of 12 Canadian books.

5

### FUNNYMAN FÊTÉD

The American Film Institute is awarding Steve Martin this year's Life Achievement Award, the institute's highest honour. The award will be given at a tribute in Los Angeles in 2015.

# Mayor aims to end free ride for Somerset House owner

**'Fed up.'** Long-promised renovations to damaged heritage building never seem to materialize, says Jim Watson

**JOE LOFARO**  
joe.lofaro@metronews.ca

Mayor Jim Watson is putting his foot down this week in a bid to salvage the "once majestic" Somerset House after years of apparent inaction by the heritage building's owner.

On Tuesday, the mayor will ask the finance and economic development committee to end the city's gesture of goodwill of waiving encroachment fees against owner TKS Holdings Inc.

City council on two separate occasions has waived more than \$43,000 in such fees after the owner promised to redevelop the structure at 352 Somerset St. W. The historic building was damaged by illegal construction work in 2007.

"The owner has consistently told us he's going to fix the place up and nothing ever happens. There's always an excuse why it's not being done," Watson said Sunday.

"The city and myself are fed up and we shouldn't be giving somebody a financial break when he's not following through on his promises to take that eyesore and turn it into what should be a beautiful building."

The mayor is stepping in not only because of its heritage status, but because Somerset House is located at a key downtown intersection.

Tony Shahrsebi, owner of TKS Holdings, could not be reached for comment, but in September he told Metroland's Laura Mueller that he was interested in putting an eatery in the building and naming it "The Duke of Somerset," after the once-popular pub that was located in the basement of the building.

To prevent heritage buildings from becoming future eyesores, the mayor also wants tougher provincial laws that target landlords.

"I think we need stronger teeth in the legislation that doesn't allow landlords to allow their buildings to completely deteriorate and then they come to us and say, 'Oh my goodness, we have to tear it down. It's not safe,'" said Watson.

WITH FILES FROM LAURA MUELLER/  
METROLAND NEWS SERVICE



The dilapidated east side of Somerset House has been open to the elements for years after illegal construction work caused a partial collapse and sparked a partial demolition. Bottom photo: The boarded-up front facade of Somerset House. SEAN MCKIBBON/METRO



#### Court battle

The city and Shahrsebi were locked in a court battle for more than four years, which started when the city's chief building official issued a demolition permit for the building because she worried the rest of the building was going to fall down.

- Shahrsebi obtained a court order to have the demolition done in stages to save part of the building, as long as it

was in a safe condition, but much of the structure except for the facade and a side wall were torn down.

- The city sued him for costs related to the collapse and Shahrsebi countersued. In 2012, Shahrsebi was ordered to pay the city \$650,000 in a legal settlement representing the city's costs to respond to the partial collapse.

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## Abortion. Pro-life activists want politicians to revisit issue ahead of election

Prime Minister Stephen Harper is making a mistake by refusing to reopen the abortion debate in Canada as the country gears up for a federal election next year, said a pro-life activist during a demonstration in Ottawa on Sunday.

A line of about 40 people dotted a block of Bank Street downtown for the annual Life Chain event. Activists held similar peaceful demonstrations in other locations in Ottawa and in more than 200 Canadian cities.

Ambrose Atkins, a volunteer with the Campaign Life Coalition, said he wants the hot-button topic on the political agenda in 2015 because abortion is "akin to murder," but said Harper realizes how divisive the issue can be.

"The future, politically, doesn't look too good, but you never know," he said. "At the ground roots there's still many, many people who abhor abortion, who do not like it, who would love to

see a change or at least allow some pro-life measures to go ahead in the House."

Opposition Leader Justin Trudeau caused a stir in June when he said all Liberal party members must vote pro-choice if the abortion issue comes up in Parliament after the election.

NDP leader Thomas Mulcair also said his party will defend a woman's right to choose.

Christina, who did not want her last name published, said it's difficult to throw her support behind one party or another because each major party is refusing to have a debate.

"It's an issue of human rights that are being violated. I'm not sure why every single party and leader doesn't want to open this issue or address it... because all we're asking for is certain lives to be spared," said Christina, 32. "All parties should be open to that talk, that dialogue."

JOE LOFARO/METRO



Fran Charlesbois, left, and Janet Holdaway participate in a pro-life demonstration on Bank Street in Ottawa on Sunday. JOE LOFARO/METRO

# Giving cancer a run for its money

## CIBC Run for the Cure.

Event co-ordinator and survivor says despite the 'tremendous progress' we've made, there's still more fighting left to do



SEAN MCKIBBIN

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For Susan Enns, the 2014 CIBC Run for the Cure had a special significance.

Last year at about this time, the run co-director was getting ready to begin treatment for the disease that has stricken six out of 14 women in her family, the disease the Run for the Cure is all about — breast cancer.

"They say one in nine women will be diagnosed with breast cancer, but in my family it's more like one in two," said Enns, 49, who has been volunteering with the run since 2009. Last September she got the diagnosis; she visited her doctor after noticing something different in the mirror after she got out of the shower.

"Ours is definitely genetic," she said, but added that despite the family trait, doctors haven't been able to pin her family's breast cancer on any known genetic marker.

"There's still work to do. We need to do more research, we need to know more," she said.

She said she'd been feel-



Susan Enns, a co-director with the Ottawa CIBC Run for the Cure, is seen at the 2013 edition of the event. Last year she was diagnosed with breast cancer, but is now in remission. CONTRIBUTED

ing great (not lethargic, not sick) and had trouble preparing for the ordeal of the double mastectomy, chemotherapy, radiation and clinical trial that was to come.

But thanks to the advances made in treatment, the knowledge the medical community has gained, she said

she felt she was able to avoid some of the harsher experiences suffered by survivors who have come before her.

"My hair did fall out, and it did come back curly, so it's true what they say about the chemo perm," she said, laughing. "We've made tremendous progress. The in-

cidence of breast cancer is about the same, but mortality has come down about 43 per cent since the early '80s."

Enns said she was happy to see attendance at the event grow, with 7,100 people coming out Sunday and more than \$1 million raised locally.

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# Ottawa Zombie Walk stumbles on funding, but rises again

**Raising hell, and awareness.** Organizers call on civic authorities to cut them a break on fees



**SEAN MCKIBBIN**  
sean.mckibbin@metronews.ca

They were hungry for brains, but organizers of the Ottawa Zombie Walk 2014 said they were in short supply when they got to their final destination at city hall.

"It's hard to raise money for the Ottawa Food Bank when there's a payment of \$6,000 that's needed to put the event on," fumed 'Zombie Foreman' Kevin Preece, a film and television makeup artist who helped organize the event and kept the shambling mass of screaming undead in line as they marched through Ottawa's downtown.

Preece said the event's corporate sponsor Audrey's Costume Castle & Dancewear had to "reel back their donation," and it was only through the generosity of a last-minute anonymous \$5,500 donation to the walk's crowdfunding

campaign that the event was able to move forward. But he said after the walk made that 11th-hour victory public, it was "blindsided" by a demand from the National Capital Commission for an \$800 fee for use of the Garden of Provinces and Territories Park.

While Preece said he understands the need for insurance and police at a large event such as the walk he also claimed he had seen such services donated to film productions that have been shot in Ottawa.

"I'd like to see the city match the fee we pay them with a donation to the food bank," he said.

Last year he said the event raised about \$1,000 and just under a tonne of food. Asked if it might make more sense to stage a costume party to raise money for the food bank Preece dismissed the idea, saying it was a "grassroots event" that started as a walk in 2003 and serves to raise public awareness.

"With us walking through the street, it's public and we can't be ignored and it raises awareness that there are people in the city who are hungry," he said.



## 1 Pole-ing the electorate.

Which candidate has his heart?

Jeff Irven, prize winner for best male costume, said he hasn't made his mind up on who he's going to vote for this year.

## 2 The talking dead. Vote or (un)die

"Zombie Foreman" Kevin Preece's address to the horde took on a decidedly political tinge as he told the youthful audience "for the first time, zombies have the power" in the upcoming municipal election. **ALL PHOTOS BY SEAN MCKIBBIN/METRO**



## 3 Out to lurch.

Walkers paint the town blood-red

Organizers estimated there were 3,500 to 3,800 zombies shuffling down Laurier Street Sunday.



## 4 Definitely not a vegetarian.

Hungry! ... for donations

Organizers didn't have a final count on how much food was collected for the food bank, but for marchers there was only one item on the menu: brains.

## You love your cat... but not the allergy

Cat allergy symptoms such as **itchy and watery eyes, sneezing and stuffy nose** can make you feel miserable. If you have tried different treatments with little or no relief, there may be another option for you.

Local doctors are conducting a research study of an investigational treatment to see if it helps reduce the symptoms associated with cat allergy. If you are between the ages of 12 and 65 and have experienced cat allergy symptoms for at least two years you may qualify.

Qualified participants will receive all study related exams and study medication at no cost. Compensation for time and travel may be available.

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# Veterans advocate cites 'hostility' of Tories for political transformation

**Liberal candidate for Central Nova.** David MacLeod will take on Peter MacKay in the next federal election

There was a time when David MacLeod could have been a shoo-in candidate for the federal Conservative party.

The former military man was a card-carrying Tory whose 27 years of service in the Canadian Forces would have been a strong political asset in the rural Nova Scotia riding where he grew up.

But late last month the plain-spoken veterans rights advocate was elected to become the Liberal candidate in Central Nova, the Conservative stronghold where he will take on Justice Minister Peter MacKay in the next federal election, scheduled for October 2015.

MacLeod, 49, says his political transformation started around 2006, soon after Conservative Prime Minister Stephen Harper was first elected to govern with a minority.

"As the party started moving farther and farther right, I started to get more worried as time went on," he said in a re-

cent telephone interview from his home in Antigonish.

"Ever since 2006, it seems like there's been this continuous pressure ... to cut benefits for veterans. Why? For the most part, veterans will not speak up."

MacLeod says his disenchantment with the Tories grew as he studied the veterans' charter, which the federal government has pledged to change after years of protests from veterans groups.

Suffering from chronic pain caused by a gunshot wound he received during a training accident in the 1990s, MacLeod was medically released from

the military in February 2010.

He got involved in an advocacy group for disabled soldiers and later attracted national attention when he and another vet, Jim Lowther, made a presentation about homeless veterans to a parliamentary committee in Halifax in February 2012.

During the meeting, Conservative MP Rob Anders appeared to fall asleep, prompting subsequent complaints from Lowther and MacLeod. Anders responded by saying the two veterans were "NDP hacks" and supporters of Russian President Vladimir Putin.

Anders later apologized for

his remarks and was removed from the committee within weeks.

"I was shocked that a member of Parliament would have the audacity to accuse us of being disloyal to Canada," says MacLeod. "I was so brutally insulted."

Still, the ugly incident did not push MacLeod to join the Liberal fold. He was still a member of Nova Scotia's Progressive Conservatives at the time.

He says the tipping point came last May when Veterans Affairs Minister Julian Fantino came under fire for walking away from Jenifer Migneault,

whose husband is a veteran with post-traumatic stress disorder.

Opposition critics demanded an apology after Fantino emerged from a meeting and failed to stop after Migneault hollered several times as she followed him down a corridor.

"She was trying to get him to understand the challenges that spouses go through when they're taking care of someone with PTSD," MacLeod says. "That was infuriating ... It had become increasingly clear that the government was becoming hostile toward veterans."

THE CANADIAN PRESS

## Iraq. Nicholson cagey about length of Canada's combat commitment

Defence Minister Rob Nicholson is refusing to say whether Canada will bow out of its planned combat role in Iraq after six months or seek an extension.

MPs are expected to vote Monday on the Conservative government's decision to join allies in airstrikes against the extremist Islamic State in Iraq and el-Sham (ISIS), which has been terrorizing stretches of Iraq and Syria.

The opposition NDP and Liberals have indicated they will not support Prime Minister Stephen Harper's plan,

partly out of concern Canada could be dragged into a lengthy quagmire.

In an interview with CTV's Question Period, Nicholson stressed that the motion before Parliament would commit Canada's CF-18 fighters for a maximum of six months.

But he stopped short of promising that would be the end of Canada's combat mission.

Nicholson says ISIS is in the business of mutilation, rape and murders, and that Canada must take action.

THE CANADIAN PRESS



## Bubble ballers bounce around at Bellwoods

Vince Farago, left, and his friend Tyler Sammy braved the chilly October air to do battle during a game of bubble soccer Sunday at Trinity Bellwoods Park in Toronto.

CARLOS OSORIO/TORSTAR NEWS SERVICE



Defence Minister Rob Nicholson responds to a question during Question Period in the House of Commons, Thursday, Oct. 2, in Ottawa. Nicholson refuses to say whether Canada will bow out of its planned combat role in Iraq after six months or seek an extension. ADRIAN WYLD/THE CANADIAN PRESS

### Massachusetts

#### U.S. doctor back in hospital after Ebola feels better

A doctor admitted to a Massachusetts hospital this weekend for an apparent respiratory infection after surviving the Ebola virus was in stable condition and feeling better Sunday, but still has a fever and cough, hospital officials said as they awaited Ebola testing results. Officials at UMass Memorial Medical Center in Worcester said Dr. Richard Sacra remained in isolation as a precaution.

THE ASSOCIATED PRESS

### Canadian man in Cuba

#### To appeal or not to appeal 15-year sentence?

A lawyer for a Canadian businessman sentenced in Cuba to 15 years in prison says a decision will be made this week whether to appeal or let the verdict stand in hopes of speeding his return to Canada.

Cy Tokmakjian, who owns the Ontario-based automotive company Tokmakjian Group, was sentenced last month on corruption-related charges that his family has called completely false.

THE CANADIAN PRESS

### Eve of Ukraine visit

#### Canada's religious freedom envoy blasts Putin

Canada's religious freedom ambassador is bound for Ukraine and says Russian President Vladimir Putin is orchestrating the persecution of Orthodox Christians, Catholics and Muslim Tatars.

Andrew Bennett's one-week, fact-finding mission begins Monday in Kyiv, where he meets religious leaders and government officials, among others.

THE CANADIAN PRESS

### Dallas

#### Officials find homeless man possibly exposed to Ebola patient

Authorities say they've located a homeless man who needs to be monitored because he may have had contact with the lone Ebola patient in the United States.

Dallas city spokeswoman Sana Syed said the man was located Sunday, a few hours after officials first said he was missing.

The person is not considered to be one of the 10 people who definitely had contact with Thomas Eric Duncan. THE ASSOCIATED PRESS



# Search for 43 missing students leads to mass graves in Mexico

**Iguala.** Families offer DNA samples to find out if burned remains are of those who disappeared amid violent protests

Security forces investigating the role of municipal police in clashes in Iguala, Mexico, have pulled several burned bodies from mass graves on the edge of town, a lawyer for the families of 43 missing students said Sunday.

Attorney Vidulfo Rosales said the remains were those of an undetermined number of people, and were unidentified. Relatives of 37 of the missing people have provided DNA samples that will be used to determine if the remains belong to any of the students, the attorney said.



Students and the relatives of missing students unfurl a banner as they block a main highway in Chilpancingo, Mexico, on Sunday. Protesters are demanding answers a day after security forces found a mass grave, raising fears the pits might hold 43 missing students. ALEJANDRINO GONZALEZ/THE ASSOCIATED PRESS

The students have been missing since last week in violence that also resulted in six shooting deaths.

Guerrero Gov. Angel Aguirre said Saturday that

the victims were "savagely slaughtered."

Guerrero State Prosecutor Inaky Blanco said eight more people had been arrested in the case, adding to the 22

Iguala city police officers detained after a police confrontation with student protesters last weekend set off a series of violent incidents in the city.

The prosecutor has said

state investigators had obtained videos showing that local police arrested an undetermined number of students after the initial clash and took them away.

## A history of violence

The Aytozinapa Normal school attended by the missing students is known for militant and radical protests that often involve hijacking buses and delivery trucks.

- In 2011, two students from Aytozinapa died in a clash with police on a highway that leads to Acapulco.

State prosecutors have said the first bloodshed occurred when city police shot at buses that had been hijacked by protesting students, killing three youths and wounding 25. A few hours later, unidentified masked gunmen shot at two taxis and a bus carrying a soccer team on the main highway, killing two people on the bus and one in a taxi.

THE ASSOCIATED PRESS



## Palestinians go along for the ride during Eid al-Adha

Palestinians enjoy a ride in an amusement park during Eid al-Adha, a holiday celebrated by Muslims worldwide, in the West Bank city of Jenin on Sunday. Eid al-Adha, a three-day holiday that started Saturday and commemorates the willingness of the Prophet Ibrahim to sacrifice his son in accordance with God's will. MOHAMMED BALLAS/THE ASSOCIATED PRESS

## Ferguson

### Protesters change symphony's tune

Several dozen people protesting the shooting death of black teenager by a white policeman have interrupted a performance of the St. Louis Symphony.

Reports say that as the musicians were about to perform a song, demonstrators began singing and unfurled banners from a balcony related to 18-year-old Michael Brown's shooting in August in Ferguson.

The interruption was met with applause from some members of the audience and the symphony.

THE ASSOCIATED PRESS

## Iraq

### Soldiers publicly executed by ISIS

Militants from the Islamic State of Iraq and al-Sham (ISIS) on Sunday publicly shot and killed six Iraqi soldiers captured in a western province where the extremists continue to advance despite an expanding U.S.-led campaign of airstrikes.

The killings took place in the town of Hit, about 140 kilometres west of Baghdad. THE ASSOCIATED PRESS

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# Loonie takes nosedive, is likely to stay below water



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Do you have a sinking feeling?

The loonie certainly does.

Just a year after predictions of an extended period above par for the Canadian dollar against the greenback, the loonie has sunk below 90 cents US, a six-month low.

I polled senior economists and the consensus is that our weak dollar is here to stay. In fact, many believe that 85 to 87 cents will be the new normal.

Some investors will be cheering, others weeping into their beer. Anyone who purchased U.S. stocks a year or more ago has seen a nice appreciation just on currency alone. As the loonie sags, the value of those U.S. hold-

## The new normal

**"I polled senior economists and the consensus is that our weak dollar is here to stay. In fact, many believe that 85 to 87 cents will be the new normal."**

ings rise.

But those who have been sitting on the fence waiting for an overdue stock market correction of 10 per cent or more are now going to pay dearly to buy south-of-the-border equities.

Not long ago, the majority of mutual funds and exchange-traded funds investing in U.S. or other international stocks and indices were hedged. Hedging cancels or neutralizes the effect of currency movements.

For a number of years, I have been among many who recommended buying unhedged mutual funds and ETFs where possible. I felt that with the loonie at a 30-year high against the

greenback, it was only a matter of time before the trend reversed.

A 10 per cent-plus drop in our currency produces a similar gain when a U.S. investment is translated into Canadian dollars.

Now, it's time to be currency-defensive, at least for U.S. investments, in case the Canadian dollar defies the experts and heads north again. New money should be directed at hedged mutual funds and ETFs. In fact, investors who normally purchase individual stocks might consider investing in Canadian listed, hedged ETFs instead.

Any U.S. stock bought with Canadian dollars will be about 12 per cent more

## Down low

Canuck buck vs. the U.S. dollar:

- 1952-1960: \$1.02 to \$1.06 US
- 1973-1976: \$1.02 to \$1.04 US
- 2002-2004: \$.062 to \$.070 US
- November 2007: \$1.10 US (modern-day high)

expensive from the get-go, once exchange fees are taken into account.

The currency flu might force travellers to abandon U.S. holiday plans. But at least we're not alone.

The euro, pound, Swiss franc, South African rand and Australian dollar are all dropping like stones against the mighty greenback.

## Pennsylvania

### Lawsuit over Penn State molestation case to continue

A judge has refused to dismiss a lawsuit filed by a Pennsylvania senator and the state treasurer over the massive fine imposed on Penn State for its handling of the Jerry Sandusky child molestation scandal.

The NCAA and Penn State had asked Commonwealth Court to dismiss the suit, but Judge Anne Covey refused. **THE ASSOCIATED PRESS**



About one in 10 Canadians cannot afford to fill prescriptions due to costs.

MARIO TAMA/GETTY IMAGES FILE

# Public coverage of prescription drugs coming?

## No public coverage

Canada, with its aging population, is the only industrialized nation with universal health insurance but no public coverage of prescription drug costs.

- An estimated one in 10 Canadians can't fill prescriptions because of the expense.

It's a buzzword in the medical community, although one that hasn't quite caught fire yet with Canadians at large: pharmacare, a national program that would see prescription drugs covered through a publicly funded system rather than out of pocket.

Many doctors are clamouring for it. Canadians dream of it when faced with sky-high drug costs as when they fight cancer, diabetes, heart disease and other illnesses. Even private insurers aren't entirely opposed.

And now politicians are starting to take up the cause. The federal NDP is calling for national pharmacare, while Ontario's new health minister has emerged one of its most enthusiastic cheerleaders as he urges a federal strategy.

"I can't tell you how many times I'd have to go into the sample drawer, because I knew if I gave a prescription to someone, they weren't going to fill it because they couldn't afford it," said Eric Hoskins, also a physician, in a recent interview.

The Organization for Economic Co-operation and Development has found that Canada has the second highest per capita spending on prescription drugs in the OECD.

That's largely because there's no national standard for drug coverage or drug purchasing in Canada. The patchwork of provincial and territorial health-care systems means Canadians with life-threatening illnesses are confronted with costs that can vary wildly from province to province.

**THE CANADIAN PRESS**

# HUNGRY FOR ELECTION DAY?

We are serving up the Metro Burger Poll in partnership with Burgers N' Fries Forever. From **Sept. 22 to Oct. 20**, choose your favourite burger based on each of the mayoral candidates and share your photo on Instagram using #ottburgerpoll.

Will the top burger become Ottawa's next mayor?

Keep up to date with the Burger Poll @ [metronews.ca/ottburgerpoll](http://metronews.ca/ottburgerpoll)



Check out the **Metro Burger Poll** @ **Burgers N' Fries Forever** located at 329 Bank Street.

## BASIC OBEDIENCE DOG TRAINING

Orientation/Registration:

Monday, October 6th  
from 7-8pm  
OVERBROOK COMMUNITY CENTER

Wednesday, October 8th  
from 6-7pm  
BEACON HILL NORTH COMMUNITY CENTER



RACHEL HETU

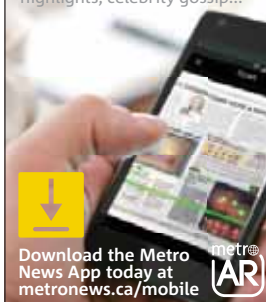
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# IT'S ALL COMING TOGETHER AT TD PLACE

Election campaign signs are typically just large bumper stickers, conveying theme rather than policy, but the crop that's sprung up in my ward of Rideau Rockcliffe seem to all be peeled from the same bumper.

From Penny Thompson's (Better Together.) to Cam Holstrom's (Our Communities Together.) to Sheila Perry's (Building a liveable Ottawa TOGETHER.) it almost seemed as if the candidates had gone in, um, together on their signs at a group rate. Incumbent Peter Clark seemed to be the lone-wolf exception, with signs bearing his name alone. But then his campaign pamphlet landed in my mailbox, advising, "We have accomplished a lot together at City Hall in the past four years... We've worked well together and we're not finished." So, together and together and together it is, and that's a refreshing change in this age of wedge issues and demographically micro-targeted voters. Few would dispute this council set a notice-



URBAN COMPASS  
**Steve Collins**  
ottawa@metronews.ca

ably more collegial and co-operative tone than the one that preceded it, with fewer bitterly divided debates and votes, zero transit strikes and serious progress on projects like LRT and Lansdowne.

There was still plenty of head-butting outside the council chamber. The city fought off a legal challenge from Friends of Lansdowne over the complex and that controversial sole-sourced deal signed with the Ottawa Sports Entertainment Group.

Construction and controversy continue, but TD Place is taking shape, and I finally got a chance to experience it during Wednesday night's Ottawa Fury game. With cars all channelled into underground parking, the entranceway and grounds feel more human-scaled than they did at the old Lansdowne Park.

As I walked up the stadium steps (past pallets of still-uninstalled building materials), my first impression was of seeing more grass, trees and sky than concrete. It didn't hurt, either, that my first view of the pitch was of the Fury's Vini Dantas

scoring the first goal of the team's first victory at TD Place. The neighbouring Aberdeen Pavilion is prominent in the view, reminding you this is no cookie-cutter event venue, but real Ottawa turf with real history. Because it was a weeknight soccer game rather than a weekend Redblacks mob scene, the smaller crowd didn't roar so much as erupt constantly in individual exclamations. There was also none of the post-game crush that has made escaping TD Place such an adventure on busier nights with some of the stadium exits still not in service.

After the game, I had just to check out the front lawn on the canal side, green and well-supplied with benches and basketball hoops, all of it inviting people to hang around a while rather than simply show up, consume entertainment, and get out.

I was among the Lansdowne sceptics, suspicious of the sole-sourced deal, protective of the agreeably seedy concert venue of my teens, and worried that it would be transformed into yet another generic, personality-free corporate outpost like the Canadian Tire Centre, but I'm coming around.

This is becoming a place to come together.

## Metro Bitstrips caption contest



Are you planning to eat the Sports section?

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Visit [metro.bitstrips.com](http://metro.bitstrips.com) on your mobile device to create your own avatar and add your caption to the next comic. The funniest entry will be printed here and you'll be able to check out the runners-up by scanning the cartoon with your Metro News app.

Bitstrips



### SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 10 in Scene and page 18 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Wait for the green scan bar to read the image!
3. Voilà! You should see the AR in action.



### MetroTube



## Drone's-eye view



**ANDREW FIFIELD**  
andrew.fifield@metronews.ca

Drone-maker DJI sent one of its gadgets to for an intimate look at an erupting volcano — so intimate that the heat melted the face on the camera. The best part about all this? The volcano is called Bardarbunga, an Icelandic volcano handle that you can actually pronounce. (DJI/YouTube)



GETTY IMAGES FILE

### Twitter

@metropicks asked: A stalled Disney ride stranded passengers for two hours. What's your most brutal experience being stuck somewhere?

@kendwren: Got stuck in 5 hours of traffic after a 10 hour drive - on a bus full of 30 or so 10-14 year old female Cheerleaders #horrible

@CallaghanAndrew: stuck on slash mountain for 45 minutes midstream, then miraculously works again so we can go down massive slide #neveragain



## Ebooks



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Kobo's new H2O e-reader is water-resistant up to a point. You have to keep its connection door closed and, because touchscreens and water do not mix, wipe it dry before use. This makes it ideal for a relaxing bath when accidental dunks are very likely. The backlight is now easier to adjust for sensitive eyes and very welcome during winter's early nights.

## Harvey Award



Carol Burnett THE ASSOCIATED PRESS

### Stewart museum gives Burnett its big rabbit award

Actress and comedian Carol Burnett is set to be honoured by a Pennsylvania museum dedicated to actor Jimmy Stewart.

Burnett will receive the museum's Harvey Award at a Friday fundraiser for the James M. Stewart Museum Foundation.

The award is named for the 1950 film in which Stewart befriends an invisible rabbit. It is typically given to someone with connections to Stewart.

Burnett has called Stewart her idol. He appeared on the final episode of *The Carol Burnett Show* as a surprise guest, ending its 11-year run in 1978. He died in 1997.

THE ASSOCIATED PRESS

# Western women in distress, but don't call them damsels

**Strange Empire.** Set in 1869 Alberta, new CBC drama follows three women as they struggle for survival and independence

The young female stars of CBC's *Strange Empire* know they're breaking new ground in the western genre.

Set in 1869 on the Alberta-Montana border, the new series premiering tonight stars Cara Gee, Melissa Farman and Tattiawna Jones. After most of the men in their community vanish in mysterious circumstances, the trio of women must fight for their independence and survival.

"We are definitely in distress, but by no means are we damsels," said Farman in a summer interview.

"We're damned selves in distress," joked Gee, cracking up her co-stars.

Gee stars as Kat Loving, a bold Métis woman determined to rebuild her family after a sudden loss. Farman plays Dr. Rebecca Blithely, a mildly autistic savant whose intelligence is thought to be a rare anomaly for her gender. And Jones is Isabelle Slotter, the spiritualist daughter of freed slaves.

"Thousands and thousands of women like this actually existed. Their stories just haven't been told," said Jones, an Ontario-born actress best known for *Flashpoint*.

"We're showing the story of our foremothers, not just our forefathers," agreed Farman. "The western is a myth of origin. As a nation, it's our tale of beginnings. Women are part of that beginning. So it's very exciting, and I think we're honoured to be part of that kind of storytelling."

*Strange Empire*, from Durham County writer Laurie Finstad-Knizhnik, has been touted by the CBC as an example of the bold new direction the public broadcaster is taking.

Gee said it was interesting to see the CBC take a chance on the series. The half-Ojibwa actress was crowned one of the Toronto International Film Festival's rising stars last year.



CBC's latest offering is a western-style show with women (Tattiawna Jones and Cara Gee) at the helm. Scan this photo with your Metro News app to watch the trailer. CONTRIBUTED



Melissa Farman plays Dr. Rebecca Blithely, a mildly autistic savant whose intelligence is thought to be a rare anomaly for her gender. CONTRIBUTED

## Historic drama

"Thousands and thousands of women like this actually existed. Their stories just haven't been told."

Actress Tattiawna Jones, on the ground-breaking new TV western *Strange Empire*

"It's unlike anything else that's on TV right now, and it's so dark," she said.

All three actresses count themselves lucky to land the series, which is shot in B.C.

Farman, who was born in New York to a Canadian mother and French father and has appeared on *Lost* and HBO's *Game Change*, said *Strange Empire* is an "incredible show."

"I'm working with the two most talented, amazing young actresses," Farman said. "We've got an incredible showrunner, women producers, and we're all excited about telling a story that's going to be so groundbreaking. We're taking a genre and turning it over its head."

Finstad-Knizhnik said she "got goosebumps" when producers told her about the basic concept of the show.

"The western is a genre that's very convention-laden and cliché-ridden. The roles for women are particularly tiny and minimal," she said. "I wanted to explode that, just for the fun of it."

She said a lot of research went into creating the series, set shortly after the 1867 Confederation of Canada.

Isabelle Slotter is loosely based on Victoria Woodhull, a white prostitute who eventually became the first female candidate for president of the United States.

Finstad-Knizhnik said it was only natural to have an ethnically diverse cast, as that was the reality of the time. Black and Chinese migrants had travelled north to flee the southern United States and various First Nations groups had been pushed closer together.

"It's a very real history. It's a very fascinating history. And it's one that I don't think we've really declared as a country, either Canadian or American," she said.

THE CANADIAN PRESS





Prince William. ALL PHOTOS GETTY IMAGES

## William wants paparazzi to allow Prince George to live an 'ordinary' life

If anyone can successfully take on the paparazzi — or, in this case, one individual paparazzo — it's Prince William.

His Kensington Palace office announced William and wife Kate Middleton have "taken legal steps to ask that an individual ceases harassing and following both Prince George and his nanny as they go about their ordinary daily lives," according to a royal statement.

William and Kate "understand the particular public role that Prince George will one day inherit, but while he is young, he must be permitted to lead as ordinary a life as possible."

Seems reasonable enough, but that "as ordinary a life as possible" bit has got to be on a pretty impressive sliding scale when you're talking about a member of the royal family.

Still, points for effort.

## Downey up for Iron Man 4 — if Mel Gibson directs

You want more Iron Man movies starring Robert Downey Jr.? Well, he's got some very specific demands.

Although Downey has said a fourth Iron Man is out of the question, he agrees with Deadline's idea that he'd be up for it if Mel Gibson directs. "Why not? That movie would be bananas."

And he knows something

about having a rocky past.

"I think it was just the very worst aspects of somebody's psyche being treated as though they were the blanket statement about a person," he says of Gibson's troubles. "Because he is so gifted as a storyteller and a director, I don't know that he requires some sort of mass forgiveness."

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### Pop goes the week

## Levine mellow with marriage, Lavigne ages without Chad



STARGAZING  
Malene Arpe  
scene@metronews.ca

This week in *Is Anything Even Real Anymore?* 1. Kelis says she doesn't like milkshakes. 2. Tom Selleck says he's never given his moustache a nickname. 3. A Swiss study finds that cows really hate the sound of cowbells. 4. Ashton Kutcher reveals the name of his daughter (Wyatt Isabelle) and posts pictures of random babies and animals. 5. The trailer for Katherine Heigl's *Home Sweet Hell* indicates the odd possibility the movie may be funny. 6. Lindsay Lohan gets OK reviews for her *Speed-the-Plow* performance.

Kendall and Kylie Jenner's novel sold only 13,000 copies. "That's the final straw," says Kris Jenner, "they'll have to learn how to read and write, after all."

In the new Maroon 5 video, Adam Levine plays an obsessive, blood-covered, neck-bearded stalker. So nice to see that marriage has mellowed him some.

Avril Lavigne celebrated her 30th birthday



without Chad Kroeger. Which really is the most perfect birthday present for any woman at any age.

Bono says George Clooney's wedding "was very emotional and lovely." Which is pretty much the same as the response to the latest U2 album, except for the "lovely" part.

Brad Pitt says he and Shia LaBeouf got into a fight with Scott Eastwood on the set of *Fury*. Unfortunately, he didn't mention whether he and Scott were both shirtless, so it's really not all that interesting.

A poll finds Prince Harry is the most popular of all the British royals. "Such delightful news," said Duchess Kate. "I brought you a very special apple to celebrate. Why don't you taste it while fondling my antique spindle?"



Lindsay Lohan

## LiLo might want to lie low for a while after reading reviews of her stage debut

Lindsay Lohan's London stage debut is out of previews and officially opened, but the critical response has not improved.

Mark Shenton, writing for *The Stage*, says Lohan is "clearly out of her league and embarrassing on stage, still calling for prompts."

Quentin Letts of the *Mail Online* calls her turn in David Mamet's *Speed-the-Plow* a "travesty of art" and criticized the show's producers because they "sold their

art for a potage of notoriety."

Even the positive reviews feel like backhanded compliments, like Michael Billington's *Guardian* review that praises Lohan for a "perfectly creditable performance"

Still, Lohan's got some influential fans on her side, like Oprah Winfrey, who stopped by backstage after a performance.

I guess bad feelings they had over the Lohan-focused reality series *Winfrey* produced are behind them.

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3  
LIFE

# Budgets are mind over money

## Take control.

Unconscious spending can quickly add up. Think before opening that wallet!



**GAIL VAZ-OXLADE**  
Gail blogs daily at [gailvazoxlade.com](http://gailvazoxlade.com)

When everything's rolling along hunky-dory, it's easy to get into the habit of spending money. The full-on cable package with a side order of sports or movies is an easy buy when money is aplenty. The extra-large latte as you're rolling into work becomes a must-have. And lunches are a well-deserved reward for all the extra hours you put in. Thousands of bucks out the window without a second thought. Unconscious, habitual spending with only a momentary payback. Instant gratification at its finest.

If you're buying coffee a couple times a day and dropping \$4.75 a pop, that's \$2,280 a year. No, I'm not suggesting you give up your fix completely. Switch your caffeine dealer or sip smaller and send the rest to your emergency fund or your long-term savings. It's not about going without; it's about loving every sip even as you limit your indulgence so you have some money for other important things.

Lunches out are another way unconscious spending gobbles up money. An entrée can run to \$15. Add a beverage or a cup of tea with the caramel praline



Grocery shopping without a list? Only if you want to blow your budget! iSTOCK

cheesecake for dessert and you're shelling out \$35 with tax and tip. Do that three times a week and watch \$5,360 a year go down the toilet, literally.

Grocery shopping is a completely different experience than it was when our parents were raising us. We buy cherries off-season for \$10 a kilo. A single dragon fruit can run to \$4. We buy mangoes, star fruit and avocados in the depths of winter. We buy organic and we pay a pretty penny for the option. How much of what you buy is purchased on im-

### Quoted

**Sipping three bottles of moderately priced wine a week swallows \$2,500 of your hard-earned money annually.** Gail Vaz-Oxlade

pulse? Do you end up using it all, or do you throw out those impulse purchases because you never get around to using it all up?

If you don't shop with a list, you're leaving yourself susceptible to all the contrivances retailers have come up with to separate you from your money. Be-

come conscious of what you're buying and you can cut your grocery bill by 30 per cent. If you're currently averaging \$1,200 a month for food, that'll save you over \$4,300 a year.

Most people spend more on their insurance than they should. Insurance is yucky, after all, and having

put it in place, it's easier to just keep paying whatever you agreed to and not think about it too much. Want to save some money? Most insurers offer a multi-vehicle discount, which can add up to 10 per cent off both cars.

Switch your home policy to the same insurer and save another five per cent. Ask about age, low mileage, anti-theft, occupational and auto club discounts, all of which could save you money. And raise your deductibles to \$1,000. Potential overall savings? About 35 per cent.

Carrying a balance on your credit cards? About half of us do. And, sadly, many of us are unconscious enough not to know what it's costing us (or maybe we don't want to know!). Time to get those statements out to see what you're paying. More than 9.9 per cent? With your terrific credit history, you should be getting a better deal. Throw your weight around to have your interest rate lowered. Failing that, get a cheaper card and transfer your balance. A \$5,000 balance at 18.9 per cent costs \$945 a year in interest. Get the rate down to 9.9 per cent and cut costs by almost half. Better yet, get a teaser rate of 2.5 per cent, and save \$820 a year.

Federal and provincial governments see cigarettes as a major source of income. Are you still smoking? Seriously? Smoking a pack a day eats up almost \$4,500 a year. Sipping three bottles of moderately priced wine a week swallows \$2,500 of your hard-earned money annually. It's easy to spend money without giving it a second thought. It's also very expensive.



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# Sticks and stones or a gentle joke?



If the humour vibe around you is more endearing than it is sneering, it may be time to get in on the laughter. ISTOCK

Dear Metro,

**My boss has started calling me a humiliating nickname that I don't like: Shrimp. At first she just wrote it in emails, but she's started using it with other staff members. This week she even called me Shrimp during a meeting with outside clients! I know I'm short, but I don't like having it pointed out on a daily basis. I've hinted that I don't find it funny, but it didn't help. How do I get her to stop?**

— That's Not My Name



OFFICE SPACE  
Eleni Deacon  
life@metronews.ca

Dear TNMN,

Hey there, Shortstop. Is it OK if I call you that? What about Squirt? Still weird? As a fellow

member of the vertically unimpressive (I hit five feet two inches and a very significant half), I can empathize with the shrimp complex.

The top shelf is beyond your reach. Your jeans drag on the floor. You can barely ride a roller coaster. It can be frustrating — especially when there's a Shaquille O'Neal standing in front of you at a concert.

But beyond the practical irritations, being small is no big thing. Which means this nickname should not make paella of you. Since your boss has ignored your hints, assess her motivations.

Maybe her crustacean-fixation is a genuine term of endearment: The nickname could signal you've entered her inner circle. If that's the case, I suggest owning it. When she pokes fun of your height in a meeting, ask for a booster seat.

When she addresses an email to Shrimpie, sign back Red Lobster. Get in on the joke,

rather than letting the joke get you.

But if she's calling you Shrimp to belittle you — literally — that's another kettle of prawns. Bully bosses can skewer your sense of workplace self-worth, slowly charring your confidence to a BBQ'd husk.

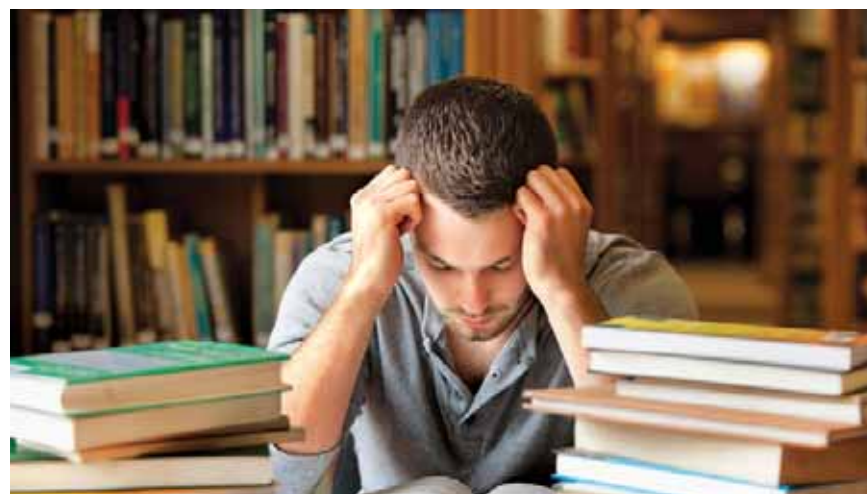
In this case, the same logic holds: owning the joke will take away its power.

If you're not comfortable making fun of your own under-par stature, scrap the hints and be direct.

Tell your boss you're no hors d'oeuvre, and keep saying it until she stops. Shrimp may be invertebrates, but you've got a spine.

However you choose to deal with this, be your own a captain — not a kebab.

ELENI DEACON IS A TORONTO-BASED WRITER WHO HAS SEEN IT ALL AS AN EAGER EMPLOYEE OF BIG OFFICES, SMALL OFFICES, HOME OFFICES AND ONE ITALIAN RESTAURANT.



A few more chapters to read before tomorrow's test? Get some rest and regroup in the morning. Staying up until the wee hours won't help your cause. ISTOCK

## Quit overloading your brain before the test

**Study up on success.**  
Learn how to hit the books effectively and stop cramming for good

LAKSHMI GANDHI  
Metro in New York City

Picture this: It's mid-term week, and college students everywhere are trying to frantically memorize all of the math formulas, political theories and historical facts they possibly can. Needless to say, most won't be successful.

"Cramming is like stuffing a cheap suitcase," says Benedict Carey, the author of the new book *How We Learn: The Surprising Truth About When, Where, and Why It Happens*.

"It stays in for a while and then it falls out."

### Remember to sleep

- Most students probably sense that all-nighters are unhealthy. Carey has the science to prove it. "Sleep is a kind of learning, too," he says. If you feel like you absolutely need an extra few hours to review before your test, Carey says it's better to wake up earlier and study rather than staying up well into the night.

While cramming does work in the short-term, most students forget most of the material within days.

We asked Carey for his advice on how to study more effectively.

### Break things up

Let's say you have three hours to study for a test. Carey suggests breaking up the material

into three distinct parts. "It's called spacing," Carey explains. Studying for an hour and then taking a 15-minute break helps you retain information.

### Reject creating a routine

It's a myth that students should study at the same time and place every day. "Vary the music, the sights and the sounds around you," urges Carey. Taking your textbooks to a café to study can help you remember the material better. "All of those things enrich that memory," says Carey.

### Quiz yourself

Instead of solely devoting your study time to memorizing the material, Carey says students should also make it a point to test themselves. "Let's say you are studying a language," says Carey. "If I give you 10 words, it's much better to test yourself than to study them again and again."



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# Harvesting empowerment in produce

**Food for thought.** A school break — and a lesson in hard work — for teen farmhands during potato season

In the gentle hills of northern Maine, far from the rocky coastline and lighthouses, teenagers trade warm classrooms for cold potato fields every fall, just as they have for generations.

Schools shut down — sometimes for weeks at a time — while their students haul in the harvest or monitor conveyor belts for potatoes that don't measure up as farmers rush to fill their stores before the ground freezes.

But as farm operations consolidate and heavy machinery make them more efficient, farmers wonder how much longer there will be a place for the harvest breaks that as little as 20 years ago saw kids hand-picking potatoes for 50 cents a barrel.

"Eventually it'll probably



Do you think the benefits of exposure to a field of work merit a pause from a pen and paper? ISTOCK

fade away," said Wayne Garrison, the 72-year-old co-owner of Garrison Farms, which hired eight high school students to help harvest its 700

acres of potatoes. "I'd hate to see it go, I really would."

Nearly a dozen high schools here emptied for this year's harvest — fewer than

the old days, when virtually all schools shut down.

This year, only a handful of high schools have closed for the entire three-week harvest. And school boards are continually grappling with whether or not to continue the tradition as modern farming reduces the need for large numbers of labourers.

"All things change," said Don Flannery, executive director of the Maine Potato Board. "Will there be harvest recess 10 years from now in Aroostook County? I'd be surprised."

The harvest is a dirty, noisy

## A window into working life

**"There's something to be said for the fact that people are earning that first paycheck. You see that transition with the first job, the first paycheck, and the first opportunity."**

Brent Buck  
Farm owner

mechanized ballet of tractors, trucks and fork lifts. But there's still a need for young farmhands, for now at least.

On a recent day in Mapleton, 16-year-old Nick Powers was operating one of the potato trucks, creeping alongside a harvester that offloads more than 30,000 pounds of potatoes every 15 minutes. "It's not easy work, but it's a good way to make quick money," he said.

Those who work the full three weeks will earn about \$2,000 — money some will save for college, a car or hunting gear. They'll also get a lesson in hard work.

"It's a good learning experience," said 16-year-old Malerie Buck, another Presque Isle High School junior and the daughter of one of the farm's owners, who was lined up along a conveyor belt, pulling rocks, plants and bad potatoes as they tumbled by. "You never know what work is until you do something hard."

Brent Buck, who was overseeing his daughter and other

teenage workers in Mapleton, said the work is dirty, noisy and scary — full of many moving parts and big equipment.

"But there's something to be said for the fact that people are earning that first paycheck," said Buck, who along with two brothers owns a farm with 300 acres of seed potatoes. "You see that transition with the first job, the first paycheck, and the first opportunity."

The harvest break was once the norm in agrarian society but has long since been abandoned in most farming communities. One of the few other places with harvest breaks is Idaho, the nation's top potato producer, in small cities like Rexburg, Rigby and Shelley, said Don Odiome of the Idaho Potato Commission.

It may seem strange that classrooms are empty just weeks after students started school. But many educators support harvest break because it benefits communities and teaches hard work.

"Educationally, you could talk to a hundred different people and you'd get a hundred different opinions on the impact of the harvest break on education," said Roger Shaw, school superintendent in Mars Hill. "I'd argue that kids who work during the potato harvest are exposed to a work ethic that they wouldn't normally get."

The work can be difficult, but also tedious. In Blaine, Shannon Scully and her friends have picked up another crucial life skill as they carefully monitor the spuds that come in from the field — finding the little workplace joys that make the day go a little easier.

"We find potatoes that are shaped like animals," she joked.

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# Sensitive issue of teeth

*Don't let pain hinder your enjoyment of winter sports*

You are out for a run on a crisp fall morning, you take a deep breath ... and ouch! The pain of sensitive teeth can be waiting for you around every corner. What causes it, and how can you manage it so you can enjoy everything winter has to offer?

If you are noticing tooth sensitivity is more acute this time of year, it's not your imagination.

"Surveys have shown that 65 per cent of Canadians say they suffer from tooth sensitivity compared to only around 50 per cent of Americans," says Toronto dentist Dr. Janet Tamo. "With cold drinks, cold food and cold air being top triggers, it's no wonder that more Canadians say they have sensitive teeth."

There are many reasons one can develop sensitivity.

"Acidic foods and beverages, toothbrush abrasion, clenching and grinding of teeth are some of the causes of tooth sensitivity," Tamo says.

Teeth also respond to extremes in temperature, which is why you might cringe when you drink a cold beverage, sip on a cup of hot tea or breathe in cold air. But what causes the pain?

"The dentin (the layer of the tooth that lies



SHUTTERSTOCK

under the enamel) has tubules that connect the enamel to the nerve," Tamo says.

"If the dentin is exposed due to hard brushing or acid from sugar or acidic foods, the tubules deliver the cold sensation directly to the nerve of the tooth, causing an ache."

For those of us who enjoy playing winter sports, this can — pardon the pun — be a real pain. That's why National Hockey League Stanley Cup champion and Sochi Olympic gold medallist Martin St. Louis and his wife, Heather, have partnered with Crest to introduce new Crest Sensi products.

Do you have sensitive teeth that bother you this time of year? Start by talking to your dentist or hygienist for advice.

"They can instruct you on proper brushing and flossing technique to avoid damaging the teeth and gums," Tamo says.

Also, choose a soft-bristled toothbrush and toothpaste formulated for sensitive teeth to help reduce sensitivity over time so you don't have to avoid your favourite winter activities.

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Ottawa Food Bank



This recipe serves six. ROSE REISMAN

## Get Turkey Day started with show-stopping appetizer

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For a Thanksgiving show stopper, make this delicious pumpkin or squash soup served in the shell. Both are in the winter squash family and have a sweet, smooth and creamy flavour and texture, which makes the soup taste like it's loaded with butter and cream.

Squash and pumpkin are low-glycemic foods, meaning they release sugars slowly and help to keep you feeling full longer. The cinnamon and ginger gives this soup its distinctive flavour.

One cup of pumpkin con-

tains more than 2,000 per cent of your daily recommended amount of vitamin A, which helps your vision. Pumpkins are also a source of vitamin C, which works to improve your immune system — important for the cold weather months!

What makes serving in the shell so quick and easy is microwaving the vegetable — it takes much less time than roasting and keeps its shape.

### Directions

**1.** With a sharp pointed knife, pierce the squash all around. Place two squash at a time in the microwave and cook on a high heat for at least 4 minutes or just until barely tender. Cool while preparing soup.

**2.** Spray non-stick saucepan with cooking oil, add vegetable oil and place over medium-low heat. Stir in the garlic and onions. Cover and cook until softened, about 3 minutes.

**3.** Stir in squash, stock, cinnamon, ginger, salt and pepper. Bring to a boil, then reduce the heat to medium-low. Cover and cook 15 minutes, or until the

squash is tender. Add honey.

**4.** Remove top of squash cutting below stem. Save for garnish. With spoon remove seeds and stringy flesh and some of pulp to make soup bowl.

**5.** Transfer the soup to a food processor or blender. Purée until smooth, working in batches if necessary.

**6.** Ladle into individual pumpkin or squash shells and garnish with a dollop of yogurt.

### Ingredients

- 6 small acorn squash or pumpkins
- 2 tsp vegetable oil
- 1 1/2 tsp minced fresh garlic
- 1 cup diced onions
- 1 1/2 lb cubed peeled acorn or butternut squash or pumpkin
- 3 cups gluten-free chicken or vegetable stock
- 1/2 tsp ground cinnamon
- 1/4 tsp ground ginger
- pinch salt and black pepper
- 1 tbsp honey
- 3 tbsp low-fat yogurt





From left, Senators forward Bobby Ryan, team owner Eugene Melnyk, defenceman Erik Karlsson and general manager Bryan Murray share a laugh at Thursday's press conference announcing Karlsson as the team's new captain and a seven-year contract extension for Ryan. SEAN KILPATRICK/THE CANADIAN PRESS

# Senators forge ahead with youth at forefront

**NHL.** More expected from young stars after leadership overhaul at Canadian Tire Centre

When the Ottawa Senators named Erik Karlsson captain, it signalled the dawn of a new era.

Karlsson, along with Bobby Ryan, Kyle Turris, Clarke MacArthur and Jared Cowen are the Senators' future, while names like Daniel Alfredsson and Jason Spezza are now simply a part of the past.

Spezza was traded this past summer to the Dallas Stars after requesting a fresh start, while longtime captain Alfredsson left two years ago to join Detroit as a free agent.

Two years ago, when Spezza was injured, Turris was handed the No. 1 centre responsibility and filled in admirably; now the 25-year-old is looking forward to taking on the job full-time.

"It's going to be a challenge and I'm trying to prepare for that, but I definitely feel I'm more ready than I was a couple years ago when I was put into that position," Turris said. "I'm excited about it and it's going to be lots of fun."

MacArthur will likely line up on Turris's left as the two found instant chemistry last season, while Ryan or Mark Stone could play on the right.

Ryan, who signed a seven-year extension last week, has been playing on the left side with Mika Zibanejad, who is expected to centre the second line, and newcomer Alex Chiasson, acquired in the Spezza trade, on the right.

Ryan has made it clear he's looking for an expanded role, and at this point Senators head coach Paul MacLean says the plan is to have Ryan on both the power play and penalty kill.

"When you lose a guy like Spezza and he moves on, you've got to replace a lot of different things that he

## More work for Ryan

**"I think it helps you thrive when you know that you're going out for more shifts. Hopefully for me I get a chance to take on those opportunities and then it just keeps you in the game and you can go from there."**

Bobby Ryan, who is expected to play on the power play and penalty kill this season.

brought to the team," Ryan said. "If I can do that in one regard and they ask me to step up my game in certain areas, then certainly it's something that I would like."

Defensively the Senators will once again rely heavily on Karlsson, but they will need him to be much better in his own end.

No one complained about Karlsson's offensive abilities last season as he scored 20

goals and had 54 assists, but on more than one night MacLean was frustrated at his defensive lapses.

It's highly likely Karlsson will be paired with Marc Methot, as long as Methot can recover from a nagging back injury, or Cowen could find himself rounding out the top pairing.

Defence has been the focus in training camp due to the struggles the Sens endured last season, giving up the second most shots on goal and allowing the fourth most goals in the league.

So far MacLean is pleased with the progress.

"We feel that the scoring chances are down, our shots on goal are down so those are all positives that we take out of it," MacLean said.

The Senators have potential strength in goal with Craig Anderson and Robin Lehner, but both will need to be better than last season.

Neither goaltender had great support, but at the same

time neither stole too many games. Anderson will likely get the start when Ottawa opens its season Thursday in Nashville, but the Senators have made it clear that whoever gives the team a better chance of winning will play.

If training camp is any indication Ottawa's power play will have a new look as MacLean has been experimenting with using four forwards and one defenceman.

Ottawa ranked 14th last season with the man advantage, but without Spezza, goals could be harder to come by and as such MacLean is willing to tinker a little.

"There's always a danger that with four forwards a pass could turn into a turnover and quickly turn into a 2-on-1 going the other way," MacLean said. "It's something we wanted to look at, we've done it in the past with some success, but we've also practised with two defencemen on the power plays to give us both looks."

THE CANADIAN PRESS

4 SPORTS





Arsenal's Per Mertesacker, right, dejected as Chelsea's players celebrate their win Sunday in London, England. SHAUN BOTTERILL/GETTY IMAGES

## Premiership. Wenger shoves Mourinho, Chelsea shoves Arsenal

Arsene Wenger got in a push, but Jose Mourinho landed the bigger blow.

Chelsea consolidated its lead in the Premier League by beating London rival Arsenal 2-0 on Sunday in a feisty encounter that may be best remembered for Wenger losing his normal cool and giving Mourinho a shove in the chest on the sideline.

Former Arsenal captain Cesc Fabregas set up the second goal for Diego Costa

in the 78th minute to make sure Chelsea remained five points clear of defending champion Manchester City atop the standings. Arsenal is now nine points behind in eighth place.

Both Manchester United and Tottenham climbed above Arsenal with wins. United beat Everton 2-1 to climb to fourth. Tottenham is sixth after a 1-0 win over Southampton.

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### Japan Open final

## Raonic's 22 aces not enough

Canadian Milos Raonic missed his chance for a second title this season after losing 7-6 (5), 4-6, 6-4 to Kei Nishikori in Sunday's Japan Open final.

The defeat was a tough one for Raonic, who lost in the final last year to Argentina's Juan Martin del Potro and in 2012 to Nishikori.

THE CANADIAN PRESS

### Japanese GP

## Crash blots Hamilton win

Mercedes' Lewis Hamilton won the Japanese Grand Prix on Sunday, a victory marred by a serious crash.

A red flag ended the race early due to a crash involving Marussia driver Jules Bianchi. With heavy rain falling, race officials elected not to re-start and Hamilton was declared the winner.

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# O's Cruz missile hits Tigers spot on

## First ALCS since 1997.

Two-run homer by Nelson Cruz wraps up Orioles' AL Division Series win over Detroit

Nelson Cruz, Buck Showalter and an unheralded bunch from Baltimore swept aside Detroit's Cy Young winners.

Cruz sliced a two-run homer for his latest big post-season hit, and the Orioles held off the Tigers 2-1 Sunday to reach the AL Championship Series for the first time since 1997.

Bud Norris outpitched David Price in Game 3 of the AL Division Series. The Tigers scored in the ninth and put the tying run on second with no outs, but Orioles closer Zach Britton escaped the jam and lifted Showalter into his first LCS in 16 seasons as a big league manager.

"This is fun to watch. Believe me, I'm happier than you can imagine," Showalter said. "But most of it comes from getting to see the players get what they've put into it."

Baltimore opens the ALCS on Friday at home against Kansas City or at the Los Angeles Angels.

"We've got a lot to go and we're grinding," outfielder Adam Jones said. "If we play as a team, we can do anything."

Cruz's homer was his 16th in post-season play, including eight against the Tigers. He was the MVP of the 2011 ALCS for Texas in a six-game victory



Detroit Tigers first baseman Miguel Cabrera takes the throw as Baltimore Orioles' Nelson Cruz is picked off first base in the eighth inning in Game 3 of baseball's AL Division Series Sunday, in Detroit. CARLOS OSORIO/THE ASSOCIATED PRESS

### Game 3

2

Orioles

1

Tigers

- Go to [metronews.ca](http://metronews.ca) for more MLB playoff coverage, including Sunday night's game between the Los Angeles Angels and Royals in Kansas City.



over Detroit.

Cruz spent much of this past off-season without a team

after serving a 50-game suspension last year for violating baseball's drug agreement.

"He knows things were self-inflicted," Showalter said. "He really wanted to re-establish himself, and we thought that we could provide a real good opportunity for him, and the sky might be the limit."

Norris pitched two-hit ball for 6 1-3 innings, and Andrew Miller got five straight outs to keep the shutout going.

Victor Martinez and J.D. Martinez opened the ninth with back-to-back doubles off Britton. Bryan Holaday struck out after a failed bunt attempt, and Showalter made the unconventional decision to put the winning run on base by intentionally walking

Nick Castellanos.

That meant the bottom of Detroit's lineup would have to come through. The Tigers sent up Hernan Perez — who had five at-bats in the regular season — to pinch hit, and bounced a 96 mph fastball into a 5-4-3 double play. It was Britton's second save of the series.

Cruz led the majors with 40 homers this season, and the Orioles topped baseball with 211. It was his two-run homer in the first inning of the opener that set the series tone, and he came through again in the sixth inning against Price. Cruz's drive cleared the wall in right, about 2 feet to the left of the foul pole.

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Peyton Manning threw his 500th career touchdown on Sunday against the Kansas City Chiefs in Denver. Scan the image with your Metro News app for more action from around the NFL Sunday. DUSTIN BRADFORD/GETTY IMAGES

# Manning within five TD throws of Favre's record

Peyton Manning joined Brett Favre in the NFL's most exclusive of clubs with his 500th touchdown pass Sunday when the Denver Broncos handed the Arizona Cardinals their first loss, 41-20.

Manning finished with four TD throws, moving him within five of Favre's record 508.

Manning found tight end Julius Thomas twice in the end zone, including the touchstone touchdown, a 7-yard dart in the first quarter.

Yet, it was wide receiver Demaryius Thomas who had the biggest day for the Broncos (3-1) with eight catches for a team-record 226 yards and two TDs. That beat Shannon Sharpe's mark of 214 yards set against Kansas City in 2002.

Demaryius Thomas caught touchdown passes of 31 and 86 yards — and his 77-yard TD was nullified by left tackle Ryan Clady's chop block in the third quarter. Arizona (3-1) lost for the first time and saw quarterback Drew Stanton

leave with a possible concussion.

Manning finished 31 of 47 for 479 yards, four TDs and two interceptions. Emmanuel Sanders caught seven passes for 101 yards.

Stanton, subbing for Carson Palmer again, was knocked from the game on a hard hit by Von Miller in the third period and Logan Thomas came in for Arizona (3-1). Stanton finished 11 of 26 for 118 yards.

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### Down in history

Manning's 500th TD throw came in his 244th career regular season game, 49 fewer games than it took Favre. It came against two of his mentors: Arizona coach Bruce Arians and Cardinals assistant head coach Tom Moore.

- Arians was Manning's first position coach in 1998.
- Moore was Manning's offensive co-ordinator during his entire time in Indy.



## AUGMENTED REALITY

**Stuck on 12 Across?**  
**Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.**



→ See the full instructions on Metro's Voices page.

## Horoscopes by Sally Brompton

### ♈ Aries

**March 21 - April 20**

It may be hard to figure out why a loved one is behaving badly but you should look for the reason. At work, you are advised to take what others say as the opposite to what they mean.

### ♉ Taurus

**April 21 - May 21**

According to the planets you have reached the end of one particular road and what happens in the run-up to Wednesday's eclipse will point you in a new direction.

### ♊ Gemini

**May 22 - June 21**

Something may look simple on the surface but if you dig deeper over the next 24 hours you will find it is anything but. Stand back and view what's going on from a wider perspective.

### ♋ Cancer

**June 22 - July 23**

Emotions will run deep over the next few days. Don't be shocked if there are a tears. In the greater scheme of things nothing of substance is likely to change.

### ♌ Leo

**July 24 - Aug. 23**

Travel and all forms of communication are highlighted over the next seven days, so make sure you plan your comings and goings well.

### ♍ Virgo

**Aug. 24 - Sept. 23**

An awkward situation won't seem so once the lunar eclipse in midweek has done its work. Until then, tread carefully when dealing with certain people.

### ♎ Libra

**Sept. 24 - Oct. 23**

It may seem as if several things are going wrong all at the same time but is that really the case? More likely you are overreacting to situations you don't really understand, so calm down.

### ♏ Scorpio

**Oct. 24 - Nov. 22**

Your enthusiasm for a plan is likely to wane over the next few days, but that's OK. You gave it your best shot and that is all you can ask of yourself.

### ♐ Sagittarius

**Nov. 23 - Dec. 21**

Don't change your plans because of a minor setback. What appears to be a disappointment now may, in the long-term, be a blessing.

### ♑ Capricorn

**Dec. 22 - Jan. 20**

If you are happy with your social standing that's great. If not, start thinking about how you would like to change the way you are seen by the world.

### ♒ Aquarius

**Jan. 21 - Feb. 19**

You are in the middle of one of the most fortunate times of the year and even when things seem to go wrong they will come good in the end. With that thought in mind, don't be afraid to take a few risks.

### ♓ Pisces

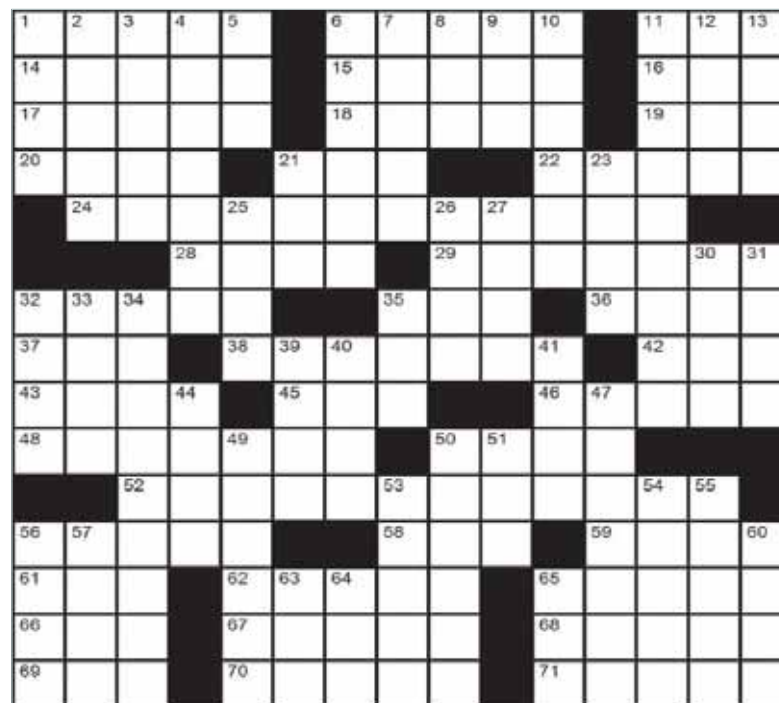
**Feb. 20 - March 20**

You dislike having to admit you were wrong but if you can't bring yourself to do it, the lunar eclipse in midweek will make your error look even worse.

## Crossword: Canada Across and Down by Kelly Ann Buchanan

### Across

1. Tanya \_\_, 2014 Polaris Music Prize winner (More at #52-Across and #4-Down)
6. Gardener's green digit
11. "Understand?"
14. Before: French
15. "Able was \_\_ saw Elba." (Palindrome)
16. Pre-1868 Tokyo
17. Mr. Shankar, and namesakes
18. Shiny flash
19. Mr. Torme of tunes
20. Carpe \_\_! (Seize the day!)
21. Leandro's beloved
22. Upgrade from a bike
24. Casual pants choices: 3 wds.
28. Places
29. Momentum
32. Fashion mag
35. Computer co.
36. Desert-like
37. Egyptian Myth: Beatified spirit
38. Stanley Cup winner, e.g.: 2 wds.
42. Celebrity chef Ms. Drummond
43. Malayan sailing boat
45. Assist
46. "I \_\_" (2001), Penn/Pfeiffer picture
48. Canada Post deliveries



50. 'Emblem' suffix
52. Type of artist
- #1-Across is: 2 wds.
56. Prince William's surname, as needed
58. "Mad About You" actress ...her initials-sharers
59. Les Etats-\_\_
61. Canadian novelist Ms. McKay

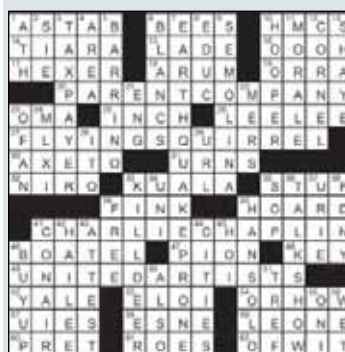
62. Who Farley rescued from that river
65. The \_\_ House (Set-in-Nova-Scotia best-seller by #61-Across)
66. Un-yeses
67. Macbeth's title
68. Marie-Josée \_\_, Canadian actress
69. Approx.
70. Mr. Marley, Bob's

- son
  71. Canadian director Mr. Arcand
- Down**
1. Canadian convenience store company, Alimentation Couche-\_\_ Inc.
  2. AVOIR: J' \_\_
  3. Courtroom mallet
  4. Winning album

- by the Inuk artist at #1-Across
5. Liq. amounts
6. River in Iraq
7. Bound-to-the-land person of ancient Sparta
8. William Tell's canton
9. Fellows
10. Image file format
11. Canadian bread

- company
12. Nice notion?
13. \_\_ bracelet
21. Little amphibian
23. Tony Curtis/Sidney Poitier movie, "The Defiant \_\_" (1958)
25. "You're putting \_\_, right?!"
26. Correspond
27. Ms. Watson
30. Carbamide
31. Come across as
32. Comical Andy
33. Pod vegetable
34. Monday, October 6th: 2014 Scotiabank Giller Prize announcement
35. " \_\_ better be!"
39. \_\_: Spartan Assault (Video game)
40. Ms. Bonet
41. Foremost
44. Languish
47. "Sincerely": 1955 \_\_ Sisters hit
49. Artificial
50. Ms. Tisdale
51. Olde-style word
53. Object
54. Company in 2001 headlines
55. Posh
56. Lessen
57. Actor John
60. " \_\_ Leaving Home" by The Beatles
63. Greek letter
64. "Maple Leaf \_\_": Piano tune by Scott Joplin
65. Alphabetic trio

## Friday's Crossword



## Online

See today's answers at [metronews.ca/answers](http://metronews.ca/answers)



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Friday's Sudoku



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